



Aging and Disability
Resource Center (ADRC)

920-386-3580

800-924-6407

FAX: 920-386-4015

hsagingunit@co.dodge.wi.us

Aging and Senior Dining

920-386-3580

Transportation

920-386-3832



Find us on
Facebook

Dodge County ADRC

OR



Find us on the web:

www.co.dodge.wi.gov

ADRC Recipe Box

Broccoli Cheese Soup



A warm, hearty soup to compliment the cooler weather



Ingredients:

- 3 C broccoli, chopped
 - 1/8 tsp salt
 - 1/8 tsp pepper
- 1/8 tsp garlic powder
- 2 C chicken broth
- 4 light Laughing Cow (brand) cheese wedges
- 1/2 C reduced fat
- shredded cheddar

Serves: 2



Directions:

In a medium sized pot add chicken broth, broccoli, salt, pepper, and garlic powder. Bring to gentle boil and reduce heat. Simmer 12-15 minutes or until broccoli is tender. Add laughing cow cheese; stir until melted. Use a blender to puree soup. Stir in shredded cheese.

For more recipes like this, head to sandyskitchenadventures.com



TO OUR FRIEND:

Henry Dodge Office Building
199 County Road DF
Juneau, WI 53039





199 County Road DF - 3rd Floor
Juneau, Wisconsin 53039

ADRC Connections



FALL ISSUE

Newsletter 2020

Connecting You with Supports and Services

The ADRC and
Aging Programs in
Dodge County
are just a phone
call away!

920-386-3580
800-924-6407

Let us know what you
think!

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Supervisors Report...From the Desks of Kris Schefft and Jackie DeLaRosa

Read about how the ADRC is supporting your community.

~ Kris & Jackie

NEW PROJECT SUPPORTS CAREGIVERS

Supporting
Caregivers
Online
Using
Technology

With the sudden transition to “safer at home”, we have all learned some things. One of the things we learned here at the ADRC in working with caregivers during this time is how very little technologies are being used. Our goal is to have easy access to support caregivers even during a “safer at home” order or a winter storm.

Introducing the SCOUT project – Supporting Caregivers Online Using Technology. The SCOUT project will help caregivers decide which products are a good match for them, engage family members as needed, and teach caregivers how to use specific products, both in individual and group settings. **We will have internet and tablets available for those who do not have them and are interested in using them.**

Staff is available to help with technology and we have expanded our knowledge of various programs. Did you know there are:

- Websites that offer various help to caregivers
 - Caregiver support by various groups such as AARP and VA
 - Blogs written by caregivers
 - Q & A opportunities for caregivers
 - Diagnosis specific information and support groups
- Companion robots/pets
- Apps (an app is an application on your device that does something specific) that are not specific to caregiving but could be helpful to caregivers including:
 - Exercise, meditation, and other ways to relieve stress
 - Organizer tools including calendars and tools for sharing what help you need
 - Skype, Zoom type apps that would allow for various supports through ADRCs and other organizations as well as staying in touch with family
 - Apps that are specific to caregiving such as Caregiving organizers and Caregiving educational opportunities available through software



Another new program the ADRC offers is **Trualta**. **Trualta** offers you unlimited access to articles, videos, audio lessons, and printable tip sheets to improve your caregiving journey. You can develop skills and feel more confident in your ability to handle challenging care situations including those related to personal care, safety, brain health, and even your own wellness. You will have access to trainings from Teepa Snow who teaches skills and techniques to improve your ability to care for someone with dementia. Alzheimer's Music Connect can also be accessed through the portal, which can improve the mood and behavior of someone with dementia. Providing hands-on care like shaving, showering, and oral care are also covered. New content is added regularly.



Aging & Disability Resource Center of Dodge County

199 County Road DF - Juneau, WI

Staff Directory



ADRC/Aging Services Supervisor.....Kris Schefft
 Aging/Nutrition/Transportation Supervisor.....Jackie DeLaRosa
 Aging & Disability Resource
 Specialists.....Brittany Borchardt, Diane Coulter, Pam Couperus,
Heather Ehrlich, Morgan Leistikow, Vicki Zimmerman
 Caregiver Program Coordinator.....Catherine Knickelbein
 Community Education Coordinator.....Olivia Gerritson
 Customer Service & Support Staff.....Jackie Wendlandt,
Jeannette Moon, & Hannah Rohlinger
 Dementia Care Specialist.....Rob Griesel
 Dining Center Managers.....Melva Brown-Dring, Judy Hedstrom,
Barbara May, Rose Newman,
Marcey Sage, Judy Schraufnagel,
Jill Weisensel, Linda Zastrow, Joan Zehner
 Disability Benefit Specialist.....Ashley Sanborn & Jennie Farmer
 Elder Benefit Specialist.....Amanda Higgins & Jennie Farmer
 Transportation Coordinator.....Elaine DeBlare
 Van Drivers.....Bill Benedon, Mark Callies, Jerry Groehler,
Mike Falkinham, JJ Johnson, John Leitner,
Greg Maier, Dave Pasewald

Valuable Volunteer Spotlight

What is the value of volunteering?

*Volunteering is about
giving, contributing and helping other
individuals and the community.
Volunteering means working with
others to make a meaningful
contribution to a better community.*



Meet Don Schultz!

I was a farmer all my life and after I retired, I felt I needed something to do to keep me active. It's also good way to see how the rest of the world lives. It is an eye opener to get out and meet people. I have been driving on and off for about 14 years. My favorite part about driving is that it gives me something to do that is important and helps people. Volunteering for transportation is rewarding because you get to build a camaraderie with a lot of the clients you help.

A way to support caregivers is to make sure they are taking care of themselves. The ADRC has been providing **Health and Wellness workshops** in person for years; however, that is no longer an option due to COVID-19. We are now working on providing our workshops virtually. With the help of the **SCOUT** project (front page article), we are able to get caregivers and other aging adults online and feeling comfortable using technology to connect virtually. The workshops include *Powerful Tools for Caregivers*, *Living Well with Chronic Conditions*, *Healthy Living with Chronic Pain*, and *Healthy Living with Diabetes*. These 6-week programs will soon be available via Zoom.



Want to know how to use Zoom? Don't fret! Our part-time technology aid regularly facilitates "How to Zoom" classes at The Watermark in Beaver Dam. If you are interested in taking one of our classes and need help getting online or using a device, give us a call! We are also open to suggestions on topics and locations of educational classes such as our "How to Zoom" class. See you online!





SUPPORTING
CAREGIVERS AND
THOSE IN THEIR
CARE TO VOTE
SAFELY

Voting During a Pandemic: Your Role and Why it is so Important

With many caregivers staying home to remain safe and caring for loved ones with chronic conditions and limited mobility, caregiver support staff and other aging/ADRC staff are trusted points of contact. Voting is an essential basic need you can help to address along with emotional support, access to care providers, respite services, and other caregiver training and support. Help caregivers and those in their care to plan ahead and vote safely. Voting is now a public health issue as well as a civic responsibility and right. Develop an organizational plan to support your caregivers, older adults, and adults with disabilities with voter registration, absentee voting, and needed accommodations.

You are not alone. The Disability Vote Coalition, the DRW Voter Hotline, LWV and other resources are here to partner with you, to share resources, and to provide support to you and other staff members and volunteers, and to offer expertise on voting issues. Encourage caregivers to develop a plan to support safe voting. Educate them on key deadlines for voter registration and absentee voting, and where to find voting resources. Assist with checking their voter registration. Offer assistance with submitting their voter registration. This may be done by mail or online at:

<https://myvote.wi.gov/>

Assist those who need to obtain a photo ID for voting. Help caregivers/care receivers to apply for an absentee ballot. This may be done by mail or online. Educate voters on the criteria for qualifying as an indefinitely confined elector. Assist those who are unable to obtain the required witness signature. For those who wish to vote in person, encourage early in-person voting. Help them to make a plan to address transportation, curbside voting, or other accommodations. All voter forms are available on the Wisconsin Election Commission website.

*Submitted by Catherine Knickelbein
Caregiver Program Coordinator*

Transportation Options are Important to All of Us as We Get Older.

As we age, we want to stay in our communities, but driving expectancy is much less than life expectancy. Lack of transportation options will make it difficult for us to continue living at home, leading to premature institutionalization, a significant loss of independence, and substantial fiscal impacts.

**Men outlive their driving ability by 7 years,
women by 10 years.¹**

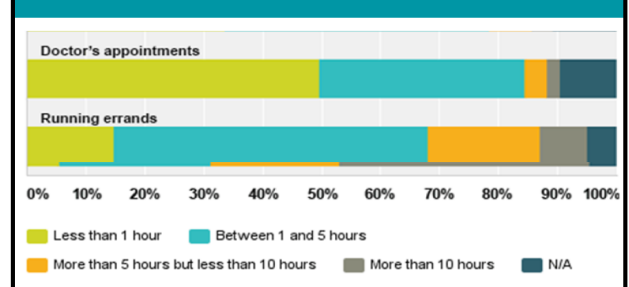
expectancy. Lack of transportation options will make it difficult for us to continue living at home, leading to premature institutionalization, a significant loss of independence, and substantial fiscal impacts.

Reduce Isolation Wisconsin is recognized for cutting-edge home-and community-based services as an alternative to higher-cost institutionalized care. Without transportation programs to support these services, people become trapped in their homes—leading to isolation and related health issues and poor health outcomes.

Remain Healthy and Engaged Older adults are an asset to our communities and should have an equal opportunity to contribute and participate. If no longer able to drive, we risk losing out on the potential of the older population if there are no transportation options for them to continue being engaged.

Support Family Caregivers Family caregivers provide substantial unpaid support for aging family and community members. Specialized transportation services increase the ability of seniors and individuals with disabilities to get around and helps those caring for them.

**Time Spent on Caregiving Task for Parent,
Each Week⁶**



Full publication by Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR) can be found at www.gwaar.org



YOUR BENEFIT NEWS

Submitted by Amanda Higgins, Dodge County Elder Benefit Specialist

Published with permission from the Legal Services Team at the Greater Wisconsin Area on Aging Resources' Elder Law & Advocacy Center



Time to Review Your Medicare Plan

Prepare Early This Year!

Medicare beneficiaries have the opportunity to make changes to Medicare Part C (Advantage) or Part D (prescription) plans, during the Annual Enrollment Period (AEP). Each year, Medicare plans can change the list of prescriptions they cover. That means even if you are taking the same prescriptions, the amount you pay for them may change in 2021. The plans' premiums, deductibles, and co-pays can also change. Part C and Part D insurance companies are required to mail out an Annual Notice of Change (ANOC) to each beneficiary enrolled in their plan by **September 30, 2020**. The ANOC will explain how your plan could be changing for 2021.

All Medicare beneficiaries should check their coverage each year from **October 15 - December 7**. This is the time to review your current plan and compare against other plans that will be available for 2021. If your plan no longer will suit your needs, this is the time to switch to a plan better one.

Make sure you will have appropriate prescription drug coverage in 2021! You can compare plans on the official Medicare website at www.medicare.gov, using the Plan Finder tool. Medicare beneficiaries can receive free, unbiased assistance with plan comparisons from the Dodge County Benefit Specialists.

COVID-19 Medicare AEP Process

Due to COVID-19, our process to assist in reviewing your plan options has changed. In person appointments will be on a limited basis. We will be providing all plan comparison information by mail. If further assistance is needed to review information, it will be up to you to contact us. The Plan Finder no longer saves your drug list and pharmacy choices without a [MyMedicare](#) account. If you don't have an account, you will need to set one up. There is an instructional video on our website your convenience. You will need to create a username, password, and select a secret question.

For free, unbiased assistance, call 920-386-3580 or 800-924-6407 and request a 'Medicare Packet'. Once it is complete, return it to the ADRC by **11/20/2020** for processing.

Other free, unbiased assistance through the following resources:

- Medicare: 1-800-633-4227
- Medigap Helpline: 1-800-242-1060
- WI Prescription Drug Helpline: 1-855-677-2783
- Disability Drug Helpline: 1-800-926-4862 (disability not required)





Dementia Care Specialist
Rob Griesel

Virtual Arts Café

1st Wednesday of the
month from 1-3 pm
starting in November



Virtual Arts Café is a collaboration with the Madison Museum of Contemporary Art (MMOCA), the Alzheimer's & Dementia Alliance of Wisconsin (ADAW), Brookdale Senior Living along with Arts For All, and the ADRC of Dodge County. Spots are limited and registration is required for this Zoom café.

This program is designed for people with memory loss and their caregiver. This is not a class but an experience, especially for those diagnosed with memory issues. Supplies for the program will be provided and delivered to your door.

Another **At the Crossroads Alzheimer's Dementia, and Driving** series is in the works for later this fall. Stay tuned to the ADRC Facebook page for upcoming details!



MONDAY MORNING CAREGIVER COFFEE HOUR



Caring for someone living with dementia?

Connect with local Dodge, Jefferson, and Rock County Dementia Specialists virtually from the comfort of your home every **Monday from 10 am until 11 am!**

Join to ask questions, gain support, and brainstorm strategies to get through this time together with three Aging and Disability Resource Center (ADRC) Dementia Care Specialists (DCS).

Bring your cup of coffee, tea, milk, juice, or whatever you like and interact via Zoom video. After registering you will receive a Zoom video conferencing link, phone number, and directions on how to connect by computer or phone.

Register by calling 920-386-4308 or by e-mail at rgriesel@co.dodge.wi.us

Fill your cup and start your week off right!

Spread Community Awareness through Conversation...

Join communities around Wisconsin in a virtual book club launching **every Monday starting November 2020 through January 2021 from 2-3 pm!**



Led by Dementia Care Specialists from around the state, we will "*reimagine*" how we live and care for people with dementia by building a life of joy and dignity and give hope throughout the lifespan. Based on the book "Dementia Reimagined" by Tia Powell, MD, this virtual book club will be open to all... caregivers, professionals, or anyone wanting to learn and discuss dementia in a new light for the purpose of building dementia friendly communities.

Book scholarships are available to caregivers upon request. Need help in finding a copy of the book? Let us know. If interested, see "Calendar of Events" on page 7 for the complete schedule.



Urgent Care for Veterans

Submitted by:

Andy Miller

Dodge County Veterans Service Officer

Office: 920-386-3798

VA offers urgent care services to eligible Veterans at VA medical facilities or at in-network urgent care clinics closer to home. Use VA's urgent care benefit to treat minor injuries and illnesses that are not life-threatening, such as colds, strep throat, sprained muscles, and skin and ear infections.

To make sure you have a smooth experience, please review the information on this page to understand the requirements and limitations associated with this benefit.

To access an in-network urgent care provider, you must:

- ★ Be eligible and have used VA Health Care in the last 24 months.
- ★ Go to an in-network urgent care provider.
- ★ Pay a VA copayment (if applicable) after the visit, which is billed separately by VA.

Within Dodge County, Urgent Care through Beaver Dam Community Hospital and the Aurora Quick Care Clinic in Lomira are both considered in-network for the VA.

VA

U.S. Department
of Veterans Affairs

Urgent Care Assistance Card for Region 1–3

AL, AR, CT, DC, DE, FL, GA, IA, IL, IN, KS, KY, LA, MA, MD,
ME, MI, MN, MO, MS, NC, ND, NE, NH, NJ, NY, OH, OK, PA,
PR, RI, SC, SD, TN, VA, VI, VT, WI, WV

****Please Bring This Card to Urgent Care Provider****

For Veterans

- Call 844-MyVA311 (844-698-2311) and select option 1 and then option 3 to verify your **eligibility** for urgent care services, or for general questions related to the urgent care benefit.
- Use the **VA Facility Locator** to find in-network urgent care and pharmacy locations (<https://www.va.gov/find-locations/>).
- You must visit an in-network pharmacy location in the same state as your urgent care visit to avoid any issues filling your urgent care prescription.
- Bring a **valid, government-issued photo ID** to the in-network urgent care location/ pharmacy. Ask and verify the urgent care provider/pharmacy is in VA network.
- Call 888-901-6609 for assistance if you have difficulty receiving urgent care or filling your urgent care prescription.
- **DO NOT pay a copayment** at the time of urgent care visit.

For Providers

- Call 888-901-6609 to confirm Veteran's eligibility for urgent care services.
- Ensure **14-day Rx is on VA Urgent/Emergent Formulary** (<https://www.pbm.va.gov/PBM/NationalFormulary.asp>) if prescribing an urgent care prescription.
- Make sure you have **activated Veteran's pharmacy benefit** by calling to check their eligibility.
- **DO NOT charge a copayment** to Veteran.
- File **urgent care claim within 30 days** with Optum.
- After the visit, submit medical documentation to the Veteran's home VA medical center (VAMC) within 30 calendar days of the date of service. Find a VAMC at <https://www.va.gov/find-locations/>.

(front)

VA

U.S. Department
of Veterans Affairs

Urgent Care Assistance Card for Region 1–3

AL, AR, CT, DC, DE, FL, GA, IA, IL, IN, KS, KY, LA, MA, MD,
ME, MI, MN, MO, MS, NC, ND, NE, NH, NJ, NY, OH, OK, PA,
PR, RI, SC, SD, TN, VA, VI, VT, WI, WV

****Please Bring This Card to Urgent Care Provider****

For Pharmacists

- Maximum day supply for a Veteran's initial fill is 14 days (7 days or fewer for opioids). No refills.
- Medication must be on VA Urgent/Emergent Formulary (<https://www.pbm.va.gov/PBM/NationalFormulary.asp>).
- **DO NOT charge Veteran a copayment** for dispensed medications.
- Instruct Veteran to fill prescription(s) in the same state as their urgent care visit.
- Enter VA pharmacy claims using the following information:
 - Step 1:** Enter BIN: 004336
 - Step 2:** Enter PCN: ADV
 - Step 3:** Enter Rx Group: RX4136
 - Step 4:** Enter Veteran ID: 10-digit Veteran ID
 - Step 5:** Enter Veteran's date of birth (YYMMDD format)
- If the Veteran does not have their Veteran ID, ask the Veteran for their 9 digit SSN and call 888-901-6609 for assistance.
- If a non-contracted pharmacy is used, Veteran must pay out-of-pocket for the prescription and then file a claim for reimbursement with their local VA facility's Office of Community Care.
- If Veteran is not eligible for pharmacy benefits, but has an urgent care prescription, please advise him/her to call Optum at 888-901-6609 (7 a.m.–12 a.m. ET / 7 days a week).
- For questions, please call the CVS Caremark Pharmacy Help Desk at 800-364-6331 (24/7).

9/1/2020

(back)



ACCESS PARTNERING WITH DVR FOR NEW ONLINE CURRICULUM

Access to Independence (ACCESS) is proud to announce a new addition to their Pre Employment Transition Workshops! In partnering with the Department of Vocational Rehabilitation (DVR) to offer this exciting opportunity, we are offering a new curriculum called Explore Work.



Explore Work is an online based curriculum that is being offered to youth ages 14-21 that focuses on career planning and exploration, first work experiences, school beyond high school, workplace readiness, and self- advocacy.

This training is helpful to students to prepare for life after high school and becoming an adult. Just like every teen, students are going through a time of transition, preparing for adulthood, getting a job, and becoming more independent.

This training will help students find out more about who they are and what they are good at, by exploring their talents and preparing for the future, uncover education and training options to help meet their job goals, learn about self-advocacy, learn how to ask for and get things they need, and get skills to help them succeed at work and at school.

If this is something that you may be interested in for your teen or students, we would love to chat more! Reach out to Ashley Beal, the Youth Services Coordinator at ACCESS by email at ashleyb@access-toind.org or by phone at (608) 716-7278.



Tip from Adult Protective Services

Know the warning signs of maltreatment to be able to stop and prevent elder abuse. Some signs to look out for include unusual changes in behavior, changes to legal or financial documents, as well as unexplained cuts, sores, and poor living conditions.



For more Red Flags on Elder Abuse, visit the NCEA Publication page:

<https://ncea.acl.gov/Resources/Publications.aspx>



The Aging & Disability Resource Center is the best source of information for older adults and individuals with disabilities in Dodge County.

I'd like to receive the ADRC newsletter at home!

Please add my name to your mailing list.

Name _____

Address _____

City _____ State _____ ZIP _____

☐ I have a change of address

Mail to:

ADRC of Dodge County
199 County Road DF - 3rd floor
Juneau, WI 53039





Transition Corner:

Summer is winding down and another session of school is upon us! The ADRC is looking forward to once again providing information to transition age students and their families.

The ADRC provides printed information to each high school which includes a Youth Transition Guide, ADRC Transition brochure and personal contact information for the ADR Specialist assigned to that school. This information can be passed on to the designated teachers who can share with students and their families. We also offer the opportunity to meet with staff face to face or virtually to provide a more in depth review about the

ADRC's role in transition. The ADRC staff also attend school meetings as schedules allow. We look forward to hearing from all Dodge County School Districts so we can continue to be an integral part of the team.

To talk to an Aging and Disability Resource (ADRC) Specialist, call 920-386-3580, email us at hsagingunit@co.dodge.wi.us, or visit us on the web at www.co.dodge.wi.gov

Disability Benefit Specialist News

Submitted by Ashley Sanborn, DBS

TRANSPORTATION TO THE POLLS

ELECTION DAY: NOVEMBER 3, 2020

General & Presidential Election

Finding transportation to the polls on election days can be a huge barrier for people with disabilities wanting to exercise their right to vote. Below are some ideas to help you overcome this barrier.

- Does your town have a bus service? Cab service? Ask if they provide rides for free or reduced rates on election days.
- Ask a neighbor, friend or family member to share a ride.
- Is your faith community offering rides?
- Call VoteRiders toll-free at 844-338-8743 to see if there are volunteers in your area offering rides.
- Call your local transportation office at (920) 386-3832 for ideas on specific transportation options in your community.
- Are ride share services available in your area? Ask if they offer free or reduced rides to the polls on election days. They may have accessible transportation.
- Contact your local political party to see if they offer free rides.
- Check with non-partisan organizations including WI League of Women Voters (608) 256-0827 (statewide), WI American Civil Liberties Union (608) 285-2141 (statewide), or the National Association for the Advancement of Colored People 608-274-3997.

If transportation is a barrier you can't overcome, it's still important to vote but you will need to plan ahead. For information on voting absentee, visit myvote.wi.gov



ADRC Transition Team





Senior Dining Menus

CALL DAY
BEFORE
TO
REGISTER

MENU
SUBJECT
TO
CHANGE
WITHOUT
NOTICE

	M	T	W	TH	F
O C T O B E R				1 Roast Pork Loin Mashed Potatoes	2 Baked Spaghetti Mixed Italian Salad
	5 Ham Rolls Sweet Potato Bake	6 Chili Casserole Corn	7 Baked Chicken Garlic Mashed Potatoes	8 Beef Frank on Bun German Potato Salad	9 Honey Mustard Meatballs Baked Potato
	12 Chicken Breast Mashed Potatoes	13 Glazed Ham Calico Bean Casserole	14 Pork Steak Mashed Potatoes	15 Beef Stew Corn	16 Country Fried Steak Mashed Potatoes
	19 Escalloped Potatoes & Ham Tossed Salad	20 Salisbury Steak Mashed Potatoes	21 Smoked Sausage Baked Beans	22 Teriyaki Chicken Brown Rice	23 Swedish Meatballs Mashed Potatoes
	26 Swiss Steak Mashed Potatoes	27 Meatloaf Baked Potato	28 Baked Chicken Twice Baked Style Potato	29 BBQ Pork Cutlet Red Beans & Rice	30 Roast Beef Mashed Potatoes
N O V E M B E R	2 Chicken Marsala Mashed Potatoes	3 Pepper Steak Baked Potato	4 Bratwurst on Bun Baked Beans	5 Lasagna Casserole Mixed Italian Salad	6 Crispy Fish Fillet German Potato Salad
	9 Pork Steak Mashed Potatoes	10 Cranberry/Kraut Meatballs Brown Rice	11 Baked Chicken Garlic Mashed Potatoes	12 Meatloaf Baked Potato	13 Burg/Mushroom Chopped Steak Mashed Potatoes
	16 Ham Rolls Sweet Potato Bake	17 Swiss Steak Mashed Potatoes	18 Chicken Cacciatore Baby Red Potatoes	19 Pork Jaegerschnitzel Mashed Potatoes	20 White Chicken Chili Winter Blend Vegetables
	23 Baked Chicken Twice Style Baked Potatoes	24 Beef Stroganoff Broccoli Cuts	25 Roast Turkey Mashed Potatoes	26 Thanksgiving Holiday - CLOSED	27 Thanksgiving Holiday - CLOSED
	30 Hawaiian Meatballs Baked Potato				
D E C E M B E R		1 Mushroom Pork Cutlet Mashed Potatoes	2 Orange Chicken Baby Red Potatoes	3 Smoked Sausage Calico Bean Casserole	4 Country Fried Steak Mashed Potatoes
	7 Sliced Ham Sweet Potato Bake	8 Salisbury Steak Mashed Potatoes	9 Chicken Tetrizzini Casserole Tossed Salad	10 Swedish Meatballs Mashed Potatoes	11 Beef Stew Corn
	14 Roast Pork Loin Mashed Potatoes	15 Baked Spaghetti Mixed Italian Salad	16 Meatloaf Baked Potato	17 Swiss Steak Mashed Potatoes	18 BBQ Pork Cutlet Red Beans & Rice
	21 Baked Chicken Garlic Mashed Potatoes	22 Chili Casserole Peas/Pearl Onions	23 Roast Turkey Mashed Potatoes	24 CLOSED in Observance of Holiday	25 CLOSED in Observance of Holiday
	28 Hawaiian Meatballs Baked Potato	29 Chicken Breast Mashed Potatoes	30 Pot Roast Baby Red Potatoes	31 New Year's Eve CLOSED	



NUTRITION FIT BITS!



What's New with the Nutrition Facts Label

The U.S. Food and Drug Administration (FDA) has updated the Nutrition Facts label on packaged foods and drinks. FDA is requiring changes to the Nutrition Facts label based on updated scientific information, new nutrition research, and input from the public. This is the first major update to the label

in over 20 years. The label's refreshed design and updated information will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits.

Serving Sizes Get Real

Servings per container and serving size information appear in large, bold font. Serving sizes have also been updated to better reflect the amount people typically eat and drink today. **NOTE:** The serving size is not a recommendation of how much to eat.

Calories Go Big

Calories are now in larger and bolder font to make the information easier to find and use.

The Lows and Highs of % Daily Value

The percent Daily Value (%DV) shows how much a nutrient in a serving of food contributes to a total daily diet. Daily Values for nutrients have been updated, which may make the percent Daily Value higher or lower on the new Nutrition Facts label.

Nutrients: The Updated List

What information is no longer required on the label? **Calories from fat** has been removed because research shows the type of fat consumed is more important than the amount. **Vitamin A and C** are no longer required on the label since deficiencies of these vitamins are rare today. These nutrients can be included on a voluntary basis. **What information was added to the label?** **Added sugars** have been added to the label because consuming too much added sugars can make it hard to meet nutrient needs while staying within calorie

New Label

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1 The serving size now appears in larger, bold font and some serving sizes have been updated.

2 Calories are now displayed in larger, bolder font.

3 Daily Values have been updated.

4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

limits. Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. **Vitamin D and potassium** are now required to be listed on the label because Americans do not always get the recommended amounts. Diets higher in vitamin D and potassium can reduce the risk of osteoporosis and high blood pressure, respectively.

<https://www.fda.gov/food/new-nutrition-facts-label/whats-new-nutrition-facts-label>



CALENDAR OF ADRC EVENTS

For more information or to register for events, please call the ADRC.

Due to the COVID-19 public health event, all (in person) events that were to be held in the fall months have been canceled. We are hopeful that these beneficial programs can be resumed real soon. Please call the ADRC for recent developments as to the status of your favorite ADRC event. Stay safe!

Every Monday from 10-11 am

Monday Caregiver Coffee Hour. Caring for someone living with dementia? Connect with local Dementia Care Specialists via Zoom.

October 6 from 9 am-12 pm

Virtual Welcome to Medicare Class. Call one week prior to register in order to receive materials.

First Wednesday of the month starting in November from 1-3 pm

Virtual Arts Café. Program designed for people with memory loss and their caregiver. Supplies will be provided and delivered. Registration required.

October 10 thru October 18

Dementia Awareness Story Book Walk. Walks in Beaver Dam, Hustisford, Watertown, and Waupun. Walk when best fits your schedule. Limited copies of book available to participants after conclusion.

Every Monday November 2020-January 2021 from 2-3 pm

Virtual Book Club. Launching in communities around Wisconsin and led by Dementia Care Specialists from around the state. Via Zoom or phone each week. Mondays 2-3 pm & 4:30-5:30 pm, Tuesdays 1-2 pm, Wednesdays 12-1 pm, Thursdays 1-2 pm. To register, sign up at: <https://www.signupgenius.com/go/10C0D4EA9AF23A4F4C70-dementia>

November 5 from 3 pm-6 pm

Virtual Welcome to Medicare Class. Call one week prior to register in order to receive materials.

November 11 from 12-1 pm

Boost Your Brain Presentation by Dr. Braun via Zoom. Five science-backed steps to sharpen your memory and dramatically reduce risk of Alzheimer's.

Are you SAFE online?



October is cyber security awareness month and there are a number of things you can do to protect yourself and those you love and care for. With the current global pandemic, there is a 9% increase in people using social media over last year. We are able to shop, bank, connect with family and friends and handle our medical records all online. All of these activities require you to provide personally identifying information #BeCyberSmart when sharing personal information online to reduce your risk of becoming a cybercrime victim.

Why should we care?

New internet-connected devices provide a level of convenience in our lives, but they require we share more information than ever. Cars, appliances, fitness trackers, and other wearables, lighting, healthcare, home security, and more all contain sensing devices that can talk to other machines or devices and can trigger other actions. Examples include devices that direct your car to an open spot in the parking lot; devices that control energy usage in your home; and tools that track eating, sleeping, and exercise habits.

Simple tips to protect yourself.

Be up to date. Keep your software up to date with the latest version available. Turn on automatic updates and set your security software to run regular scans.

Keep tabs on your apps. Only download apps from trusted vendors and sources. Your devices could be running default programs in the background and gathering your personal information while putting your identity and privacy at risk.

Keep your passwords a secret. Do not share your passwords with anyone and watch for attackers trying to trick you into giving up your passwords over the phone, in emails or on social media.

Utilize a password manager. With one master password, a computer can generate and retrieve passwords for every account you have – protecting your online information, credit card numbers, and more.

Credit and resources are attributed to the cybersecurity & Infrastructure Security Agency www.cisa.gov